



#### North Grand Christian Church

Jim Gilmore, Senior Minister
Michael Morton, Associate Minister
Sunday - Classes for all ages 9:00
AM; Morning Worship 10:15 AM
919 30th Street, Ames, IA;
Phone: 515-232-1060
ngccames@qwest.net
www.ngccames.org

### Stonebrook Church

3611 Eisenhower Ave, 232-6290
Pastors: Brad Barrett, Tim Borseth,
Dave Bovenmyer, Gary Harris
and Paul Johnson
Large Group Gathering
Friday 7:30p @ ZEKE'S;
Sunday 9a & 10:45a @ Stonebrook
www.stonebrook.org;
www.rockisu.com

### unitarian universalist Fellowship of Ames

1015 North Hyland Avenue
515-292-5960 uufa@uufames.org
Minister: Rev. Brian Eslinger
10am Sunday services;
Children's program
A welcoming congregation;
Accessible facility

### Bethesda Lutheran Church, ELCA

1517 Northwestern 232-6256
www.bethesdanet.org
Worship: Sat eve 5:30
Sunday 8:15 & 10:45
Randy Gehring, Senior Pastor
Pastor Karen, Children & Families
Pastor Joel, Discipleship & Outreach

### First Evangelical Free Church

2008 24th St. • 232-2765

### YADA

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Check www.amesefc.org
for other women's programming.

### St Andrews Lutheran Church ELCA

209 Colorado Ave Phone: 292-2131 Pastor Christopher Olkiewicz Sunday Worship 9:30 a.m. www.standrewsames.org

### Northminster Presbyterian Church

1416 20th Street – 233-2540

Dr. Rev. Stacey D. Jones, Pastor
Worship: 9:30 a.m.

Sunday School: 10:45 a.m.

Nursery Care Provided

Communion 1st Sunday
of Each Month

### First Baptist Church

200 Lynn Ave; 292-9612 Sunday Worship: 9:45a.m. Church School for all ages: 11 a.m. Rev. David Russell, Rev. Susan Russell Mindy Phomvisay, music fbcames.org

To see your church on this list call Erica @ 232-2161 ext. 484

### real deals, free gifts

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### NOTES from the newsroom



he cover story for this month's Facets issue is a preview of the American Cancer Society's 5K for Life of Story County which takes place in Ames on Aug. 23 at Brookside Park. The ACS is looking to best last year's fundraising total of more than \$42,000. Anyone can walk/run; cancer survivors, their friends and families, and anyone else who feels like helping raise money for a worthy cause.

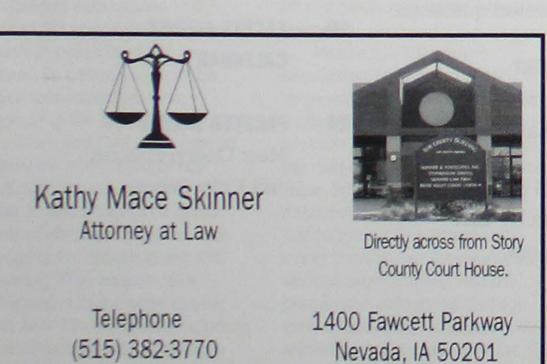
Accompanying the main story are three profiles of cancer survivors, each one with a similar, yet different story about her cancer battle. Prior to meeting with these three women, I had never personally known anyone who had been diagnosed with cancer. Apparently I'm in the minority. Cancer doesn't discriminate. It doesn't care whether you're male or female, what color you are or how much money you make. It really is an equal opportunity disease. However, there are things we can do to minimize our cancer risk such as eating right, exercising, not smoking and getting screenings when deemed necessary. But even if we do all the right things, cancer can still find us.

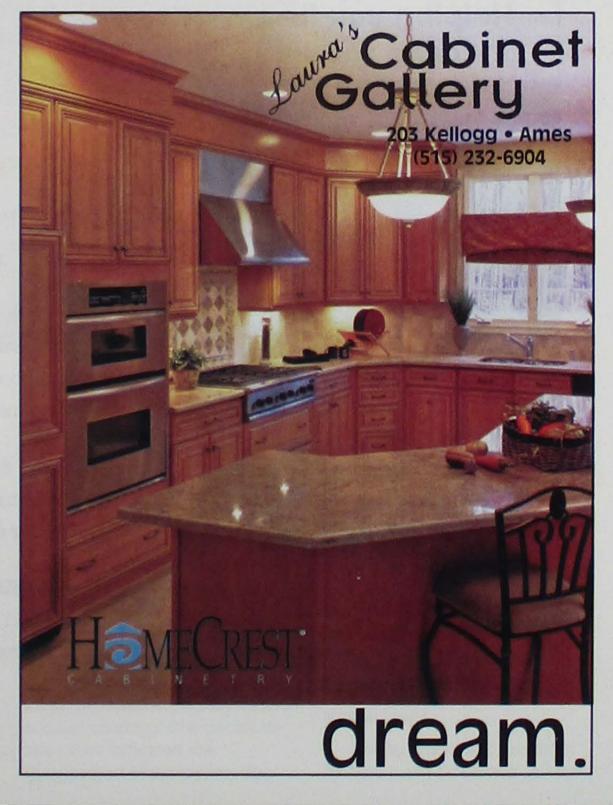
Thank goodness survival rates have increased dramatically over the past several years. Cancer awareness and early detection, along with advanced research and better treatments, have really helped bring those rates up. Today, nearly 60 percent of those diagnosed with cancer will survive, according to the American Cancer Society. Those odds still aren't the best, but they're much better than they used to be.

The sad reality is that some people don't survive cancer because they don't have health insurance to cover the cost of treatment. And even if they do, some treatments deemed experimental might not be covered under their policy. That's just frightening to me. Having been a full-time employee with one organization or another since graduating from college in 1994, I've always had jobs with good benefits, such as health insurance. However, it has only been in the past couple of years when I've switched jobs and enrolled in a new plan, that I have actually opened the benefits book to check and see if an illness such as cancer is covered. It's not that I'm a pessimist, but I believe I should know exactly what my policy covers just in case one day the doctor looks at me and says, "You've got cancer." I hope that day never comes. But if it does, I can only hope that I handle myself as well as these three ladies handled themselves throughout their traumatic ordeals.

Mary Halstrum, Facets Editor







# Facets

Facet - 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

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### CORRECTION

In the May issue of Facets, a byline was mistakenly left off of a story on page 22 titled Never the Same Again. The writer is Sue Ullestad. We regret the omission.

### Helping you find financial security



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### Our Mother, THE 'HAPPY OLD LADY'

Facets' "Happy Old Lady,"
Nancy Lewis, died on
May 21, 2008, of leukemia. Her
four children asked the editor of
Facets if we could write
something for this issue. We
came up with some thoughts on
how "The Happy Old Lady"
relied on her spiritual resources
to deal with her diagnosis,
treatment, and finally, her death.

Mom's spiritual side helped her draw positive energy from those around her. She loved helping others, but she was also willing to accept assistance, and to ask for it.

Mom was the oldest child of two teachers, and grew up with an enormous respect for education. She saw every experience, positive or negative, as an opportunity to both teach and learn. Her favorite expression when one of us was dealing with a crisis or setback was. "Think of it as an educational experience!" Some of her best ways of learning and teaching were through her Facets articles, the conversations she enjoyed with everyone she met, and especially her time as a spiritual director. She never saw any conflict between science and spirituality. When she was diagnosed with cancer, she seized the opportunity to learn as much as possible about her illness, its treatments, and the resources available, most especially the spiritual resources.

Mom and Dad were charter members of the Lord of Life Lutheran church, and over the past 35 years had put a great deal of effort and support into keeping the church going and growing. This support was returned in many ways during and after Mom's illness, including one church friend's invaluable help with providing transportation.

for the entire family to and from the funeral and the cemetery. The strong relationship between our parents and the pastor of Lord of Life, Sarah Larsen, was tremendously helpful during the difficult months following Mom's diagnosis. Pastor Sarah was never too busy for a visit, a phone call, or any other way she could help. of their prayers formed a tremendous web of support during her illness, and nothing made her happier than to learn that someone was praying for her.

Mom always believed that the best way to deal with a difficult situation emotionally was to use it to reach out to others. She would

Her presence with the family at Mom's death was appreciated by everyone.

Mom's spiritual side manifested itself in small and large ways. She spent a lot of time writing journals and developing her own spirituality, as well as in her one-on-one spiritual directorships. But she also relished her involvement with important social justice issues. The friends she made through her membership in various organizations and the people she influenced through videos, speaking engagements and other ways, must number in the hundreds if not thousands. All

minister to other people while they were helping her, by a warm smile, a listening ear or wise advice. The doctors, nurses, aides, therapists, hospice workers, home assistants and others who came into contact with her had their days brightened by spending a few minutes or hours with her.

Mom was always able to embrace people in a nonjudgmental way. Even when her children or friends made what might be considered somewhat socially unacceptable decisions, she never indicated she disapproved of the choice. The

only comment she might make would be something like, "That is an interesting choice for a hair color" or "As tattoos go, I think that would be great." That was the beauty of our mom. We could and did share most everything with her. She would always be able to talk with her children and anyone she came across about issues that many people her age (or even younger) would be uneasy engaging in conversation about. Many of our friends would say, "Your mom is so real. Nothing shocks her." We believe that was her spirituality - she truly lived her beliefs. Her faith was her strength, her comfort and her hope. It was unwavering. This is what enabled her to face her illness without fear. This is what we all learned from Mom.

We are thankful that Mom's illness was as brief as it was. She kept up her indomitable courage and humor throughout her ordeal, and was an inspiration to all of us. Those of you who read her last column remember how optimistic she always was. Even though she's no longer with us, that optimism and love of life continue to sustain those of us who knew and loved her (and it was impossible to know her without loving her!). Writing her Facets column meant a great deal to her - it was one of the most fulfilling and satisfying parts of her life over the last couple of years. She felt she had truly found her "calling", and appreciated all the wonderful feedback. We know she would want to give a big hug to all her readers, and she'd want to say "Thank you" to everyone who shared this part of her journey with her and her family.

— Elizabeth, Jon, Ken and Mynda Lewis

—This article was submitted by Nancy and Ed Lewis's children

### SURVING Cancer

By MARY HALSTRUM Facets Editor

### Melonie Spear

BREAST CANCER SURVIVOR

In March 2006, Melonie Spear came down with strep throat. Around the same time she discovered a lump during a self examination of her breasts.

"I assumed it was just a swollen lymph node since it was more toward my underarm area," she said pointing to where she found the lump. "I called my doctor and got in the next day to have an ultrasound."

The technician who evaluated the ultrasound said he was 95 percent sure there wasn't anything wrong and advised Spear to come back in six months.

As she walked through the clinic after she had the ultrasound, she recalled an earlier conversation she had with a friend about a woman in her 20s who had breast cancer, and Spear literally worked herself up into a "state of panic." So that very day, her doctor suggested Spear get a second opinion. The following Monday, she met with a surgeon who was concerned due to the shape of the lump. One week later she had a biopsy. Then the news came. She had Stage 1 breast cancer.

Because Spear was so young, the surgeon suggested Spear have a double mastectomy to minimize the chance of recurrence. Her chances of having a recurrence were 50 percent without the double mastectomy, but only about 1 percent if she had her breasts removed.

"That was when my two weeks of hell started," Spear said. She met with a genetics counselor, she had a bone scan, CT scan and bloodwork done. "I was literally sitting on the couch every night crying."

So she made a decision without even waiting to see what the results of the genetics test were. She chose to have a double mastectomy followed by chemotherapy. She had her surgery on May 11, 2006, and started her chemotherapy in June. She completed chemo in October 2006, and had breast implant surgery in November.

"Having cancer really makes you realize what's important in life," Spear said. "It makes you appreciate what you have." She is married to Todd and they have two daughters, Shelbi and Megan.

Spear said she doesn't really have anything bad to say about cancer, other than she had it.

"When I was going through it, I did everything that I normally do. I never missed any of my kids' activities. What cancer did for me is make me realize that I'm a much stronger



person than I ever thought I was. I have more confidence than I had before, and it really led me down a new path in my life," she said.

She said she has met so many wonderful people and now has the knowledge to help others afflicted with cancer.

"If just one person finds out early that she has cancer because of talking to me, then I've helped," Spear said.

Due to Spear's diagnosis, both of her daughters will have to begin having mammograms when they turn 27.

This is the second year Spear has been involved with the American Cancer Society's 5K Relay for Life. In 2007 she walked in the relay and this year she is one of the honorary co-chairs, along with Jo Mortvedt.

"The American Cancer Society raises money for all kinds of cancer. Nowadays the drugs are so much better, and there are so many different treatments. They're catching cancer earlier, and the rates of survival of so much higher than they used to be," Spear said.

Even though Spear's recovery is going well, she still gets nervous every time she goes to the doctor. After all, she has known people who were in remission, had a recurrence, and died. Spear's knows she's not out the woods yet, but she likes her chances.

### Jo Mortvedt

#### BREAST CANCER SURVIVOR

Then Jo Mortvedt, 54, found out she had breast cancer five years ago, she was stunned considering she had no history of cancer in her family.

"I was in shock for quite a while after I found out," she said. "Then all I wanted to do was get treatment as soon as possible and get it (the cancer) out of my body."

Mortvedt's tumor was discovered during an ultrasound, but had been missed during a mammogram in April of 2003. She routinely performed self exams and had been treated for cysts in her breasts before.

She was diagnosed with Stage 2 breast cancer. Following a positive test detecting cancer, doctors try to establish the stage of the cancer. Cancers are ranked into stages depending on the extent of their growth and how much they've spread throughout the body. Determining the stage of a cancer helps doctors make treatment recommendations, form a likely outcome scenario for what will happen to the patient (prognosis), and communicate effectively with other doctors.

One of the most common staging scales ranks cancers into five stages, 0, I, II, III and IV. Stage 0 cancer is cancer that is just beginning, involving just a few cells. Stages I, II, III and IV represent progressively more advanced cancers, characterized by larger tumors, more tumors, the aggressiveness with the which the cancer grows and spreads, and the extent to which the cancer has spread to infect adjacent tissues and body organs.

Mortvedt opted for a mastectomy — during which the surgeon removed three lymph nodes for biopsy — and reconstructive surgery, which was followed by chemotherapy. She received Neulasta, a shot costing between \$3,000 and \$4,000 per shot. She had a total of eight shots, receiving the last one on Dec. 26 of 2003, and so far so good.

Her cancer fed off estrogen and progesterin in her body, so after having eight Neulasta treatments she was put on the drug Femara, which is for post-menopausal women.

Luckily, Mortvedt had excellent medical insurance.

Unfortunately, not everyone who is diagnosed with cancer
has access or the funds to get adequate medical care.

She was one of the lucky ones. She works for Country Landscapes in Ames as a Landscape Operations Coordinator.

"I have a very good employer who was very understanding when, during my treatments, I would show up thinking I could work all day, and then I wouldn't be able to make it," she said.

Early detection and research leading to the development of new cancer drugs has increased the survival rate for many cancer victims.

"I really want to increase cancer awareness. If something's not right, tell someone, ask questions," Mortevedt said.

She partly credits her positive attitude for helping her fight this battle. "You have to believe that you'll get better. I think what really helped me is there were so many people to support me," she said.

Mortvedt said she received excellent care at Bliss Cancer Center, which is operated jointly by Mary Greeley Medical Center and McFarland Clinic.

She comes from a family of 12 siblings, with seven brothers and four sisters. She has been married to Bruce Mortvedt for 35 years, and they have three children and five grandsons.

What is the most valuable lesson she's learned from her experience?

"I've learned to savor each day you have; to be thankful for the time you have."

### **5-YEAR SURVIVAL RATES**

The 5-year survival rate has increased over the years among all cancer sufferers, most likely due to advances in research and treatment.

	BREAST	PROSTATE	COLON	LEUKEMIA	LUNG & BRONCUS
1975-1977	75%	69%	51%	35%	13%
1984-1986	79%	76%	59%	42%	13%
1996-2003	89%	99%	65%	50%	16%

### SURVIVING cancer

### Diane Muncrief:

MOLAR CANCER SURVIVOR

iane Muncrief was 23 when she found out she was pregnant. She and her husband were thrilled. Unfortunately, the excitement didn't last. She started to bleed and thought she was having a miscarriage, so she went to the doctor. She was then told she wasn't expecting a baby, she was having a molar pregnancy.

The year was 1981 and the instance of molar pregnancy was rare. In a molar pregnancy, the ovum has no nucleus. When the sperm fertilizes the empty ovum, no embryo develops. Nor does a placenta develop. Instead, tissue that would have formed a placenta in a normal pregnancy grows into grapelike clusters (called a mole or hydatiform mole) within the uterus. About 20 percent of women who experience molar pregnancy may develop trophoblastic cancer within the year following the pregnancy. The cancer is highly treatable. A molar pregnancy that is not diagnosed and terminated can lead to death by hemorrhaging.

"It was amazing that my gynecologist caught it," said Muncrief. "They (the moles) literally looked like grapes on the sonogram."

She had her uterus scraped out and was followed for five years just like any other cancer victim. She didn't need to have radiation or chemotherapy. However, she wasn't able to secure any life insurance until she passed the five-year survival mark.

Now 50, Muncrief, human resources manager with Iowa State University's Ames Laboratory, said her experience with the molar pregnancy helped her in 1988 when her mother was diagnosed with colon cancer. Her mother had a recurrence after about five years and was given six months to live, but lived seven more years. And Muncrief was there for her through it all - the chemo, the radiation, the hospice.

"This is something I am passionate and committed to," she said. "Finding out you have cancer is really a reminder of how quickly things can change. I look back now and think how incredibly fortunate I was."

### **Cancer Incidence & Death Rates** in children 0-14 years

The most common type of cancer among children is leukemia. As of 2003, 5-year relative survival rates among children have dramatically increased since 1977.

### 2004 Incidence is 15 per 100,000 Death is 3 per 100,000

AGE	0-4	5-9	<b>10-14</b> 58.9 79.9
1977	57.3	58.5	
2003	80.2	78.3	

### **CANCER SCREENING GUIDELINES**

#### BREAST CANCER

- · Yearly mammograms are recommended starting at age 40.
- A clinical breast exam should be part of a periodic health exam, about every 3 years for women in their 20s and 30s, and every year for women 40 and older.
- Women should know how their breasts normally feel and report any breast changes promptly to heir health care providers. Breast self-exam is an option for women starting in their 20s.
- A screening MRI is recommended for women with an approximately 20%-25% or greater lifetime risk of breast cancer, including women with a strong family history of breast or ovarian cancer and women who were treated for Hodgkin's disease.

#### CERVICAL CANCER

- Screening should begin approximately three years after a woman begins having vaginal intercourse, but no later than 21 years of age.
- · Screening should be done every year with regular Pap tests or every two years using liquidbased tests.
- At or after age 30, women who have had three normal test results in a row may get screened every 2-3 years. However, doctors may suggest a woman get screened more frequently if she has certain risk factors, such as HIV infection or a weakened immune system.
- Women 70 and older who have had three or more consecutive Pap tests in the past 10 years may choose to stop cervical cancer screening.
- · Screening after a total hysterectomy (with removal of the cervix is not necessary unless the surgery was done as a treatment for cervical cancer.

### PROSTATE CANCER

- The prostate-specific antigen (PSA) test and the digital rectal examination (DRE) should be offered annually beginning at age 50 to men who have a life expectancy of at least 10 years.
- . Men at high risk (African-American men and men with a strong family history of one or more first-degree relatives diagnosed with prostate cancer at an early age) should begin testing at age 45.
- . For men at average risk and high risk, information should be provided about what is known and what is uncertain about the benefits and limitations of early detection and treatment of prostate cancer so that they can make an informed decision about testing.

# Picking the RIGHT CLEANSER for your skin

By KATHY L. P. COOK, M.D.

The have all heard our mothers say "cleanliness is next to Godliness." How should you clean your skin and does it matter how you do it?

The goal of cleaning the skin is to remove sweat, dirt, bacteria, oil, naturally occurring dead skin cells and pollution. There are many soaps, cleaners and newer tools for cleansing the skin. I will go through some basics of cleanser choice and how to clean the skin.

Most cleansers contain a combination of ingredients including water, surfactants (to emulsify dirt and debris), moisturizers (to hydrate and maintain the skin barrier), binders (to stabilize the cleanser's ingredients), lathering agents, fillers (to harden bar soaps and cleansers), preservatives (to prevent growth of microorganisms), fragrance (usually to mask the odor of surfactants) and dyes. Generally surfactants, fragrances and preservatives are the most common cause of skin irritation from a cleanser.

Surfactant is an abbreviation of the words SURFace ACTive AgeNT. There are four main types of surfactants. Knowing some of the names in the various classes may help you pick a cleanser based on their properties. Anionic surfactants have the highest foaming ability, highest detergency and cleansing powers and tend to be more irritating. Examples of names are sulphates, sulfosuccinates, sarcosines and taurates.

Amphoteric surfactants have some of the gentlest surfactants available. They include Coco Betaine and Lauryl Betaine, Hydroxysultaines. The 3rd class, Cationic surfactants, are usually in conditioners rather than cleansers and include Benzalkonium chloride, stearalkonium chloride

Nonionic surfactants are very mild and gentle cleansers and have no foaming ability. These include polysorbates, or PEG, emulsifying wax, glyceryl oleate, glyceryl stearate, the Ceteareth family the Oleth family and the Sorbitan family.

Which cleanser you use depends on your skin type and body area you are

cleansing. For facial cleansing most people should use a cleanser designed for facial skin rather than body bar soap. These are often too harsh for the more delicate facial skin and can damage the natural moisture barrier of the skin which will make the skin more susceptible to irritation.

For best results, wet the skin first with lukewarm water and use a pea- to dimesized drop of cleanser. Rinse with cool or lukewarm water. Avoid scrubbing so that the skin barrier is not disrupted. Soaps are usually alkaline and can remove oil between skin cells that makes the skin feel tight and dry. Soap free cleansers are better and a mild facial cleanser can be used in all skin types. Cetaphil is a common mild cleanser. Other suggestions for normal to combination skin are Dove Essential Nutrients self foaming cleanser. For acne prone skin, Neutrogena pore refining cleanser or Oil of Olay Age Defying series Daily Renewal cleanser. For oily skin Purpose Gentle Cleansing wash.

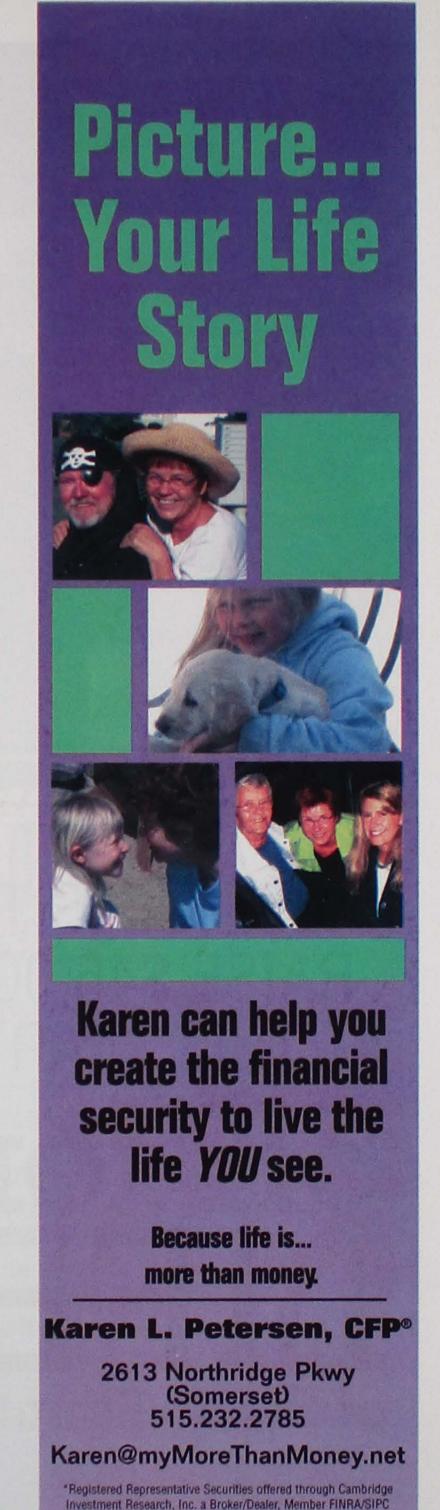
There are also cleansing instruments such as disposable cleansing clothes. These remove more dirt and makeup than hands and a cleanser alone do. Scrubbing particles such as fruit pits or polyester beads can be helpful but must be used carefully and are too rough for sensitive skin.

A high-tech instrument called Clarsonic brush utilizes ultrasound movement like the toothbrush does to clean the skin more thoroughly. A small study showed this method to be superior to other cleansers alone or cleansing clothes. Results can vary depending on the pressure that is used, the brush head and the cleanser that is used.

Choosing which body cleanser to use is similar to choosing a facial cleanser based on your skin type (dry, oily, sensitive).

Now I have made cleansing your skin more complicated than you thought possible! The best advice if you have any problems is to see your dermatologist.

Kathy L. P. Cook, M.D., is a Board Certified Dermatologist and the owner of Skin Solutions Dermatology. She can be reached at (515) 232-3006.



Investment Advisor Representative, Cambridge Investment Research

Advisors, Inc., a Registered Investment Advisor.

Cancer survivors hold 2007 5K banner at last year's event.

### ACS HOPES TO RAISE \$46,000 AT THIS YEAR'S

# 5K for CIE

of Story County

By MARY HALSTRUM Facets Editor ancer doesn't discriminate, striking victims from all walks of life. It is the second leading cause of death in the United States, right behind heart disease. That's the bad news. The good news is that survival rates have increased significantly over the past 30 years due to advances in research leading to the development of more and better treatments. Treating cancer, along with finding a cure, doesn't come cheap, so several times a year throughout the United States fundraisers are held to help raise money for the cause.

One such fundraiser is The American Cancer Society's 5K for Life of Story County, which will be held Aug. 23 at Brookside Park in Ames. The ACS has set a goal of raising \$46,000 at this year's event. Last year about 400 people participated in the event, raising more than \$42,000.

"Cancer survivors, families, friends and others affected by cancer will celebrate life while raising funds to find a cure and help cancer patients," said Jamie Strellner, ACS publicity intern.

The 5K for Life is a pledgebased noncompetitive walk/run and awareness event where everyone can celebrate the reality that cancer can be beaten.

"Having cancer is hard.
Finding help shouldn't be," said
Phyllis Craig, ACS staff member.
Craig's life, like many other
Americans, has been touched by
cancer. Her mother died from lung
cancer about 20 years ago.

"I can't help but wonder if she was alive today and had gotten sick, maybe she could have at least had a little more time," Craig said. "Our goal is to get more and more people aware of the programs and services offered by the ACS."

The ACS focuses on four areas, including research, education, advocacy and patient services.

#### Research

Since 1946, the ACS has invested \$2.9 billion in cancer research, taking part in almost all of the scientific milestones including chemotherapy. radiation, the bone marrow transplant, the Pap test and drugs like Gleevec (taken by those with leukemia) and Tamoxifen (taken by breast cancer patients). ACS researchers have also won 42 Nobel prizes for their work.

#### Education

By providing up-to-date cancer information, early detection with methods such as the PSA test and mammography, ACS has empowered people to take control of their health. Specialists answered more than 1.3 million calls during 2007 on the hotline, 1-800-ACS-2345 and nearly 33,000 e-mails at www.cancer.org.

### Advocacy

ACS volunteer advocates work to ensure that responsible cancer policies are put in place at the local state and federal levels, including increases in tobacco taxes and smoking ordinances to protect employees in an effort to reduce death and illness caused by smoking.

#### **Patient Services**

ACS offers cancer patients and their families a variety of programs to make their journey a little easier. For example, the Cancer Resource Network has trained staff who serve patients/survivors by providing information, resource referrals and support. Look Good ... Feel Better is a free program designed to help female cancer patients learn how to cope with the appearance-related side effects of chemotherapy and radiation treatments by teaching them techniques from

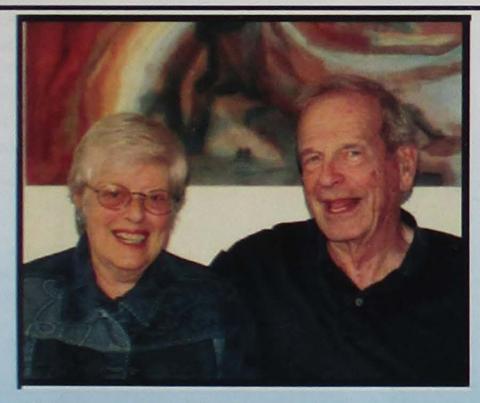


Participants in the 2007 5K for Life of Story County get ready to start the race.

a beauty consultant. Hope Lodge, a 29-bedroom facility, is currently under construction in Iowa City. It is scheduled to open in September 2008 and will provide a comfortable, nurturing environment where patients and caregivers can stay free of charge during treatment.

Honorary chairs for this year's event are Jo Mortvedt and Melonie Spear, both of

whom are breast cancer survivors. Cost to register is \$15 prior to the event, or \$25 per person the day of the event. Registration begins at 7:30 a.m. Opening ceremonies start at 8 a.m. with the run/walk beginning at 8:25 a.m. For more information, call Gail Anderson at (515) 296-6755, or Phyllis Craig at (515) 727-0067, or visit the Web site at www.cancer.org.





For your personal visit call (515) 232-6760

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"We moved to Northcrest because we were attracted to the lifetime security aspect. Our kids like Northcrest because they know they don't have to worry about us, though they live far away. With staff to take care of the grounds, home repairs, housekeeping, and emergency situations—if they should arise—it really takes no effort to live here. We do the work we want to do-like gardening. We also have an art studio in our lower levelwe each have space to follow our respective muses. Mary used to have to drive back and forth downtown to work on projects-now we just walk downstairs.

There's just no stress here. We made our own lifestyle choices early enough to enjoy them-so the kids won't have to down the road."

—Dick & Mary Young

### **BOOKNOTES**

### 'Mistaken Identity'

### leaves a lot of questions unanswered

By MARISA MYHRE

Tread Mistaken Identity by the Van Ryn and Cerak families when it first came out and the families were making the media circuit.

For those of you who don't remember or didn't hear about the incident, this is the story of the two girls that were in a van accident. One was found with a purse with identification. Although she was in a coma she was slow to come out of, the family spent weeks at the hospital nursing a girl who was not any relation to them, a girl whose family believed they had buried their daughter more than a month ago.

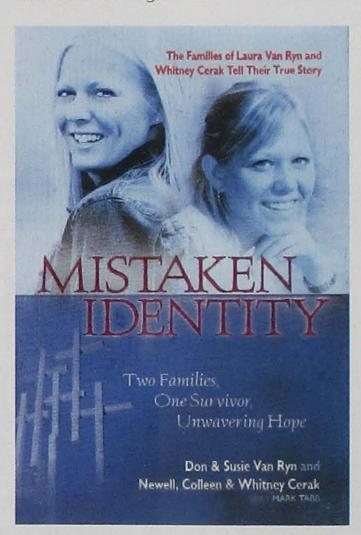
This book tells the stories of the families much more than these two girls. The girl who survived, Whitney Cerak, says in the book that she doesn't remember anything before her family was informed and showed up at the hospital. Therefore, this book is written almost entirely from the point of view of the sisters, parents and friends of these two girls, going into Whitney's point of view mostly at the end to tell about her recovery and return to her life.

I remember hearing about the incident when it first happened and I was intensely interested in how such a thing could happen. And this book does an excellent job of explaining it. As they say, coming out of a coma isn't like it appears on TV. You do not simply wake up and jump out of bed. At least for this girl it was a slow process. She had very little ability to communicate as she learned to control basic body movements. Simple words strung together were all she could manage, small hints where no one was looking for them.

Pictures included in the book show that the two girls looked nothing alike. It is a great example of how easy it is for people to see what they expect and want.

Now it may sound like a rather boring book. It's about a girl coming out of a coma and a family grieving. It was an unfortunate accident in the lives of two college girls, something that happens to many people who do not write books.

But it isn't just a book about that. It is about faith. It is about the overwhelming support these two families found in the face of their tragedies.



The van the girls were riding in during the accident was shepherding them back to the Christian college they both attended. They didn't know one another well, the book reveals. One was several years older than the other so they had hardly crossed paths. Their college and their faith were some of the few things they had in common.

It's something their families shared too. Someone suggested that the Van Ryns set up a blog to help inform all the people wanting updates on their daughter's condition. The blog reached missionaries in Germany. A Christian radio station used it to update its

listeners in Arizona. In the end, thousands of Christians each day from as far away as Japan and Africa were sharing support and faith, talking about how the girl served them as an inspiration and leaving Bible verses for the family. There was even a message from the parents of the girl they were mistakenly taking care of.

It is also about the family who believed they were burying their daughter. Their surviving daughter insisted that they take time, even in the midst of planning a funeral and handling visiting family, to listen to music and pray. To center and take comfort in their faith.

And that is the parallel between these two families. The common thread is the support that flowed through these families and the book. From the college, from friends of the girls, from their families. It was their prayer and their looking up to something higher for support through their trying times. It gets them to the discovery of the mistake and guides them after.

The one criticism I had was that it left a lot of the after unfinished. It follows Whitney through the change and back into college. It discusses her uncertainty and change of personality. Beyond that it doesn't give much modern day information. If you want to know about Whitney's connection with the Van Ryns you have to consult the current interviews. Some of my questions went unanswered. As I said, this book is much more focused on the families, their faith and how they got through this trying time than on the girls themselves.

Still, it is an interesting story. I would suggest picking up this book prepared for a tale of two families and their faith that got them through tragic circumstances. It is still the informative story of a bizarre switch, but the faith is what shines through in the pages.

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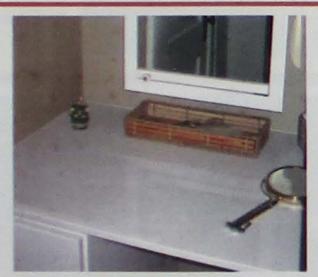
When Mary Wells moved into her arts and crafts bungalow, she knew it would take some work to return it to its 1915 glory, but when an asbestos removal company informed her she would need a complete kitchen and bath remodel, she couldn't help but feel overwhelmed. "They told me the rule was everything had to be gutted, all the cabinets, all the counter tops, everything. I was just planning to get new floors!" Wells recalled.

She called Ames Contracting Team and began the first remodeling project of her life. "What I really liked was the one-stop shopping. They all came out together and from then on they took care of everything," Wells said.

The job posed many unique challenges including a century of flooring layers requiring removal and the need to replace virtually everything in Wells' kitchen and bathroom - countertops, fixtures, appliances, flooring, wall coverings, and cabinets. As she made her selections, it was important to Wells to remain true to the original style of her home. "They listened to what my concerns were," she recalled. "We found many new things on the market in the arts and crafts style." She chose a pedestal sink for her bathroom and had bead board installed in both rooms. Her favorite modern touch is her brand new dishwasher.

Wells credits A.C.T. with making a project that could have easily overwhelmed her as pleasant as possible. "Having never done any remodeling before, I am not sure I would have known where to begin or who to ask without them," she said. "They were extremely nice and hard-working."

Today Wells is still awed by the dramatic changes A.C.T. helped her to make. "It's so beautiful I am almost afraid to touch it," she laughed. "But not the dishwasher. I will touch that!"



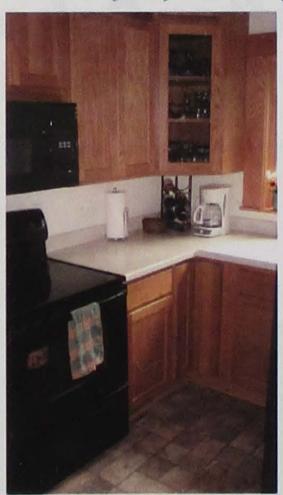
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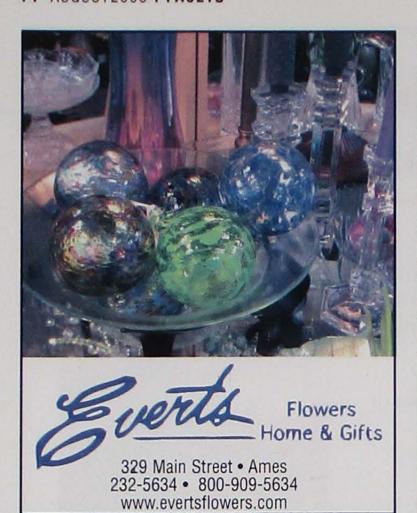




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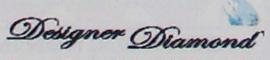
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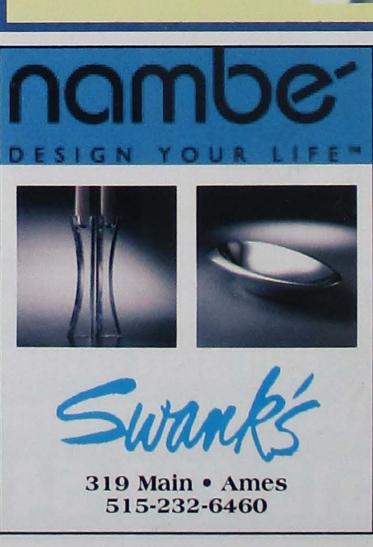


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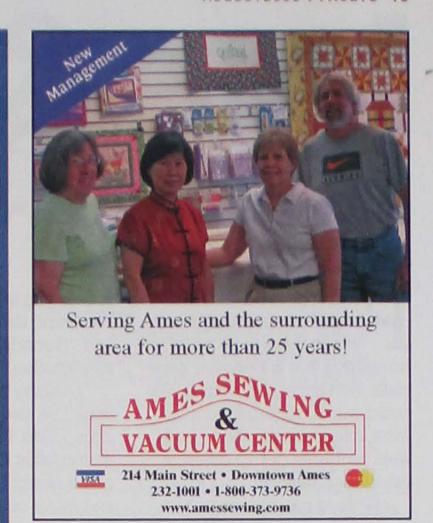
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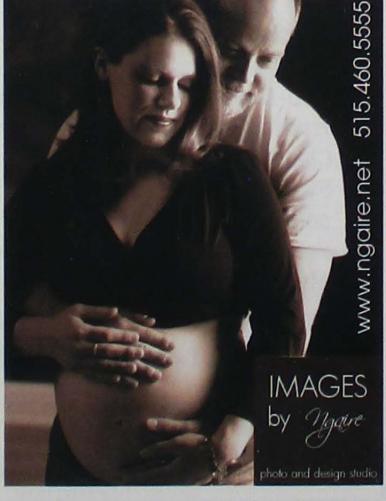
Gallery exhibit August 14th from 6:00pm-8:00pm. Wine and cheese served. Showcasing five of Ames local female authors at Images by Ngaire.





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# hue&cry

**Definition:** Any loud clamor or protest intended to incite others to action.

### Having faith in an ever-changing world

By MARY HALSTRUM Facets Editor

aith is defined as a firm belief in something for which there is no proof, or something that is believed especially with strong conviction. We could ask 10 different people what faith means to them, and we'd probably get 10 different, yet similar answers.

Faith, to me, means believing that no matter how bad a situation seems to be, it will eventually work out the way it's supposed to, and that doesn't necessarily translate into it working out the way I would like it to. I've had many experiences in my life where my faith has been tested. Who hasn't? But I've always found the old adage to be true, "What doesn't kill you

makes you stronger." However, I've found that "Life isn't fair," and "Nobody promised you a rose garden," to be true as well.

Looking back over my life, I think I've always possessed a strong faith. It seems that no matter what kind of trouble came along, I would handle it and move on, maybe not right away, but quicker than most. I guess I believe that life is what you make it. So "if you're given lemons, then make lemonade."

Faith is pretty basic to me and I think it begins when we're born. Children have faith in so many things. They innately view the world as good, full of fun, good people and pretty things. It's only as we grow into adult-

hood that this world view is challenged as we are inundated with horrible images of war, murder and despicable crimes against humanity almost on a daily basis. Anyone's faith would be tested by genocide, 9/11 and starving children. But I still believe that the world is a positive place filled with mostly decent people. And that's the message I try to convey to my daughters.

I, like most parents, try to preserve my daughters' innocent view of the world. The world we live in today is so much more dangerous than it was when I was a child. There's no denying that. However, I still have faith in this world, that it

remains an overall good place. I still believe that if a person is kind, loving and compassionate, and works hard, good things will come to her more often than not. But there are no quarantees. After all, that's not what life is about. It's filled with surprises, spontaneous laughter and moments of glee. It is also fraught with sadness, disappointment and loss. The key is to navigate through everything and come out the other side, hopefully becoming a better person in the process.

If only it were possible to grow our minds but maintain some of that innocence we are born with as children, this world might be a better place.

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### MIND, BODY, SOUL movement

By DEBRA ATKINSON

Ts it mind or is it body? When you exercise for a physical goal or performance can you also Loonnect spiritually? When you exercise chasing some aesthetic excellence is it possible to reach a greater sense of being?

Some say you couldn't stop it from happening. And although it isn't true only of mind-body exercise modalities, Patty Van Meter, who has been practicing yoga for 12 years and sharing that passion with others for five, believes that the mind-body journey in yoga is very spiritual. Her role as instructor is to guide participants down a path where they may have their own unique experience.

Beginners "pay more attention to what I am doing and communication (in) teaching the postures" then evolve to "pay more attention to their bodies and practice more in a way that works for them," Van Meter said. That very component of listening to the body and accepting what it needs is said to be yoga and create a strong connection between the mind and body. It's very counter to the competitive need to push the body beyond where it wants to go, more common in Western exercisers.

Over time, Van Meter said, her yoga students enhance their body awareness to a degree that they don't focus solely on that aspect any longer.

"They start to realize that their spirit and attitude is also affected by their yoga practice. It becomes a more spiritual practice to them," she said.

Yoga involves a great deal of introspection and focus. Promoted as a way to enhance concentration and memory, this for many is one of the key benefits sought. The environment can assist the beginner in achieving this kind of internal focus through a darkened room. This discourages competition and overt awareness of someone directly next to you on the mat. It, along with cues from an instructor, can encourage participants to create a specific intention for what they want to get out of a class. It may indeed be someone is there for the pure flexibility component, yet others around choose to get lost in the journey.

"I have learned to leave the outside world

outside and move my awareness inside my body," Van Meter said of her ability to clear her mind during yoga, regardless of her environment.

Just what is spirituality and how does it compare and contrast with religion? People sometimes avoid that discussion and focus on the physical benefits of yoga. Spiritual connections are not limited to yoga practice however, nor does it need to be any specific religion. Spirituality is defined by every individual uniquely. Health texts will interpret it as an awareness of there being a greater purpose and a higher being. Regardless of your individual beliefs, it may be that connection to your deeper self that allows you to have hope and faith in the future, in others, and in the belief that you play a part in it.

That's true for Tami Meyer, personal trainer at Ames Racquet & Fitness Center, whose passion includes working with cancer patients during and post treatment. For Meyer, exercise is spirituality.

"The two go together like Oreos and milk," she said of her own physical and spiritual wellness. A former collegiate basketball player, her mind-body exercise is more athletic than on the mat, yet the spiritual quality is directly present.

Exercise is a time during which she quiets her mind as her body works. It's when she expresses gratitude, communes with her God. It's always been a part of her life and family. She absolutely believes it is each person's responsibility to take care of herself in order to find her purpose here, not only in vocation, but in how she will serve others while she is here.

"In order to be at the top of our game, we need to be physically fit," she said. Life is in part, in her eyes, about your ministry to others around you as well as sharing gifts and talents. A fit body is the tool to get that done.

This author was religious for some 20 years about never wearing headphones of any kind. She was adamant about the need to associate with the body and be reflective. Many an ISU student was shocked and appalled to find they couldn't wear headphones to do the 12-minute run that was a standard pre-test each semester. Occasionally, but much less frequently, those days still come; mostly now when the battery needs recharging.

The choir of Billy, Bob, Bruce, and sometimes Elton, rings loud through the earphones. When "This Little Light of Mine" repeats three times, you know the hill is steep and long. But even when a runner is tired, if "Betty Lou's Getting Out Tonight" you just can't let her go alone. There's joy in every step. That must be close to heaven.





owa in August, with its sunny days and dry nights, provides a perfect environment for growing fragrant, spicy basil. In these ideal conditions, a few plants can produce more fresh basil than any one family cook can use in soups, salads and marinades.

If you have more basil than you can use, try making pesto. This thick, flavorful paste can be used in a variety of ways. Spread it like mustard on a sandwich. Serve it with grilled fish and meat as a dip. Or toss it with pasta. And since pesto freezes well, you can enjoy a burst of summer flavor on the coldest January days.

### **BASIL PESTO**

3 cloves garlic, cut into small pieces 1/4 teaspoon salt 1/4 - 1/2 cup olive oil

2 cups packed basil leaves 1/4 cup pine nuts or English walnuts 1/2 cup grated Parmesan cheese

In a blender, process garlic, salt and oil until smooth. Gradually add the basil leaves and nuts until smooth. Transfer into a bowl and stir in cheese. Use immediately or refrigerate in an airtight container for several days.

#### **Add Pesto to Pizza**

Make homemade pizza as you always do, but substitute pesto for the traditional tomato sauce. This pizza variation became our family favorite after we tasted it at my sister's house one August evening.

### **How to Freeze Pesto**

Use small yogurt cups to freeze pesto in ½ or ¾ cup portions. Label cups with the date prepared and the amount.

If you like to spread pesto on sandwiches, flash freeze it in ice cube containers. Pop out the frozen cubes and store them in freezer bags.

Freeze pesto in fancy jelly jars and give as Christmas presents to friends, neighbors and co-workers.

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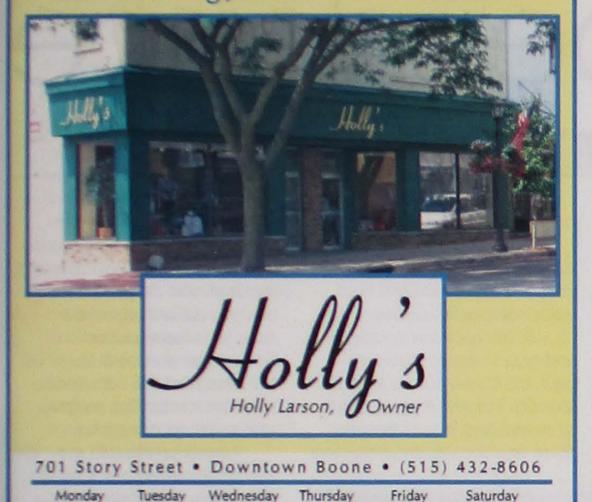
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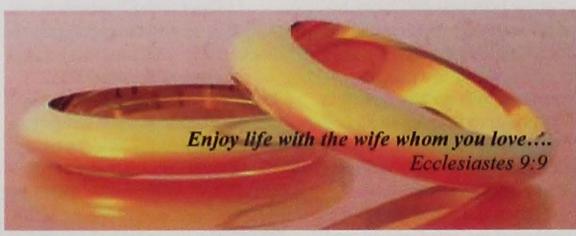
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### Girlfriend's guide to

# financial independence

### 'THE SECRET' TO WEALTH?

By KAREN PETERSEN

ou hold in your hand a
Great Secret, the law of
attraction. You will come
to know how you can have, be
or do anything you want." — The
Secret by Rhonda Byrne.

The Secret is a popular book that tells an age old story. According to Byrne, we all call the law of attraction into action with our thoughts. We attract what we think about.

There is a spiritual theme...if we ask, believe and have faith we will be wealthy. And if your idea of wealth equates to dollars...you will have money. The Secret seems to focus on money, although any area of life can benefit from the law of attraction.

If what we think about becomes our life reality, will people who think there is never enough always struggle financially? Will those who think about abundance and wealth become wealthy?

Which of the following scenarios sounds like you?

I have so much debt I hate to open the mail. My friends are going to France; I can't join them. I know I won't get that great new job. I'll be working until I am 80 and I will still be poor.

I have money to pay all my bills; each month I have fewer bills to pay, I am planning to take a trip to France, I applied for a great new job that offers a generous retirement plan. Looks like I am on track for an early retirement with more money than I could ever spend.

The Secret says, "Ask,

believe and you will receive." If you buy that belief we all get to choose which scenario we live.

I talked with Elizabeth Angelici, spiritual healing practitioner.

I asked Elizabeth if this universal law of attraction really works; do people that struggle with money really bring it on Some people "pull themselves up by the boot straps." Persistence and hard work often equal money.

Some have the courage and guts to make their own path. Bill Gates comes to mind. It doesn't matter if you respect or resent him, it is as though there was something in him that may say; money is bad, you do not deserve to have money and success, who do you think you are, you are not important enough to have money.'

Sometimes we do not know we are being fed this information because it is hidden so deep within our subconscious.

Angelici reminded me, "We should all remember, those to whom much is given, much is expected. If we have more than we need we should be asking how we can help someone else."

So what is the method to financial success?

Is it the message touted in The Secret? Ask, believe, expect to receive, sit back, think thoughts of abundance and wealth, do not allow contradictory thoughts and...wealth will be yours.

Is it the method most of us learned, some call it the "protestant work ethic." Work hard, set goals, develop a plan and execute the plan.

I believe the way to success is working hard, setting goals, and developing a plan to achieve our life goals.

What if The Secret really holds true? Just in case, this is what I plan to order from the "catalog of the universe": I am a willowy, red-headed woman with a home on the coast of Maine, who always gets her own way!"

Because life is...more than money

Karen L Petersen CFP<sup>@</sup> CDFA<sup>™</sup> is a fee-based financial advisor. You can contact her at 515-232-2785 or by e-mail at karen@mymorethanmoney.net.



themselves because they don't think positive thoughts or believe they deserve wealth?

Angelici offered her thoughts on why some people have more money than others. "There are reasons for people's financial wealth."

Money is the result of your profession. Some professions, because society considers them valuable, produce large financial rewards. Smart people are willing and able to prepare for that type of a vocation.

he had to honor, a gift that he had to share with the world.

Some inherit wealth.

According to Angelici, spirituality is not about telling God, the Universe, or your supreme being what you want. Spirituality has to do with knowing who you are and why you are here on this earth.

Angelici acknowledges negative thinking does prevent some from finding success, "Some people have an internal 'tape' playing in their mind that

### LSI disaster response

he historic floods and powerful tornadoes that ravaged the state of lowa have left behind immense devastation and destruction. Thousands of people's lives have been changed forever. Many have been left homeless, many others have lost countless possessions and tragically some have lost friends and loved ones. Now, as the flood waters recede and the storms pass, communities begin to come to grips with the long-term effects created by these incredibly destructive events.

Lutheran Services in Iowa, one of the state's largest social service agencies, is mobilizing longterm disaster response efforts for communities continuing to cope with the aftermath of these disasters.

LSI's disaster response program complements firstresponse efforts such as rescue and shelter by providing long-term initiatives. The program helps affected community members with unmet needs such as uninsured or underinsured financial losses. covering insurance deductibles or advocating for individuals engaged in the recovery process. While LSI mobilizes as soon as a disaster strikes, the program supports the community as long as needed.

LSI serves as the local affiliate for Lutheran Disaster Response in Iowa, which is a cooperative ministry of the three Iowa synods of the Evangelical Lutheran Church in America and the Iowa districts of the Lutheran Church - Missouri Synod. The joint ministry provides efficient use of resources when responding to federally declared disasters in Iowa.

LSI is currently working with community and faith partners to assess the needs of communities affected by wide-spread flooding and the May 28 tornado in northeast Iowa to determine the long-term needs.

"The compounded tragedies our Iowa neighbors have faced are staggering," said Doug Johnson, president and CEO of LSI. "We are deeply saddened by their losses, but we are inspired by the compassion and collaborative efforts of so many. We stand with our community partners in extending the circle of care."

LSI's Pastor Michael Stadie, the Lutheran Disaster Response coordinator for Iowa, will lead LSI's coordination of case advocates who will walk with families and individuals through the process of recovery. Case advocates will help residents

with a wide range of activities, from assessing needs to helping individuals navigate through paperwork or coordinating direct financial assistance.

LSI is currently seeking donations to address the extraordinary needs in the affected Iowa communities. Tax-deductible donations can be made to Lutheran Services in Iowa online at: www.lsiowa.org; by mail to: LSI, P.O. Box 848, Waverly, IA, 50677; or by phone: 866-584-5293. Please designate your donation with the words "disaster response" or use our online disaster response form.

LDR and LSI have a long history of partnering in disaster response and preparedness. If you would like to support disaster response on a national level, visit Lutheran Disaster Response at www.ldr.org.

### Faith Is

Faith: A belief in the value, truth or trustworthiness of someone or something, belief in God, the Scriptures or other religious writings; a system of religious beliefs

Faith: (SYN) dependence, trust, reliance, creed, loyalty,

Faith is the substance of things hoped for, the evidence of things unseen: Hebrews 11:1: Holy Bible (KTV)

Faith means many things to many different people. One essential feature of faith that arises over and over is that the essence of faith pertains to the element of light. For me, faith may best be summed up in the following statement.

Faith is the light that sees you through.

Hence was born this expression of faith as seen in the following poem:

### The Prayer of the Tangled Branches

By ROSE ELSBECKER

Faith is the light that sees you through Light that breaks forth as the dawn Filters through the tangled branches above When you walk through the gathering shadows of the glorious tall

Once a sought after quietude, a sun-dappled nature's retreat Suddenly surrounded by the deepening dark shadows Cast by the thick-woven canopy overhead

Once dancing through the thicket lithely as a woodland fairy nymph Suddenly tripping down a wandering, winding pathway gone astray Searching for a spark within

Praying, searching, seeking, crying out from the depths of your very being, stretching forth your hands, lifting your face upward to the heavens

Spring forth crystalline tears, quietly spilling over, speaking more than words can tell

Suddenly the light breaks forth The air whispers still Whence kissed by the breath of an angel Springs forth newness

The alking into Laurie Jensen's comfortable, small home there is an immediate sense of calm and quiet. Her sincere and welcoming smile helps me to leave my tension behind and simply enjoy our time together. Her hospitality rings true as she gives the gift of listening and shares her thoughts with the idea of finding "hospitality within one-self." Jensen, an Ames resident who substitute teaches part-time, has learned the hard way that quietness and rest are vital to her well being.

Diagnosed with fibromyalgia (considered a form of arthritis and characterized by generalized pain and fatigue), her physical limitations and energy loss caused a re-evaluation of her lifestyle. The pain associated with fibromyalgia forced the need for such re-evaluation, but her desire is that others can recognize the need without crisis.

In a talk called The Unhurried Life, she speaks of the benefits and resources available to help us all slow down. In 2006 she spoke at an L'Abri Conference here in Ames at the Memorial Union on the ISU campus. Since then she has shared with groups in her home, student teachers with Christian Educators Network, then also to a group of teachers at Ames Christian School.

### **F:** Laurie, what has been the response to your talk?

LJ: They understood. Women today are trying to wear so many hats. They are so conscientious about their lives. They try so hard. But a lot of our activity is unrealistic and like trying to swim upstream. However, we have more choices than maybe we think we have. I'm surprised by the richness of less quantity

and more quality of life. And I'm not trying to be prescriptive here. It is very hard to live counter-culturally in an unhurried way.

**F**: Did you find any opposition to this idea of slowing down? Laurie smiles broadly as she answers carefully. LJ: It was more my observation as I overheard a random conversation of a friend of a friend that made me consider the difficulty we have in seeing our need. But we may have to shelve even some good things in life. We can avoid asking ourselves hard questions by being too busy. When we think we need to be everything to everybody we lose nourishment for our own souls. Less busyness is in itself helpful in trying to understand ourselves and face reality in a more truthful way. Our culture has so ignored our need to rest. It takes an unhurriedness to even ask "Why am I so busy?" "Why is it awkward to be alone and to be silent?"

### **F:** What are some of the reasons you personally have in choosing to adopt a quieter lifestyle?

LJ: I was teaching P.E. full time and coaching, and attending all of my children's events at school. People

marveled at how much I could get done and I took pride in my ability to do it. But physical limitations and my health needs forced me to re-evaluate. When I took care of myself, I felt better. I was amazed at how quickly I could come up with a list of benefits from an unhurried life. An article from an editorial in a newspaper caught my attention with the idea of "slow...simple...small." This idea struck me as true.

F: People today believe strongly that busyness is a sign of being successful. Our industrious mindset pushes people out of our way as we go, talking on our cell phones and beeping our horns; getting our groceries without looking into each others eyes or stopping to talk. How do you see quietness and rest as equally important for our lives? Is quietness successful for you?

LJ: A group of business professionals saw the benefits of regeneration and rest when they built into their lives the concept of solitude. They chose to get away together just one day a month to rest. They recorded the positive difference it made in their company. They noted the benefits. On a more personal note, slowing down helps me to see things in nature I never saw before. It's kind of like you are lowering yourself to the bottom and looking up to understand what it feels like to not have, and not be strong. You find more compassion for others. There is time to show love and to value each person. This self-nourishment passes on to others when we are healthy. And clarity of thought comes from stillness, very much

# Clarity of thought comes from stillness, very much like the muddy jar all shaken up becomes clear water when it is still.

like the muddy jar all shaken up becomes clear water when it is still.

F: Is it possible to find clarity when this world's critical condition weighs so much on our conscience? Would this "unhurriedness" as you call it, fit into the lifestyle of us eager types who want to fix it all now?

Would you say that direction for our lives can be found in quiet?

LI: If we have a more deliberate decision to discipline and structure our lives by building rest into it some way or another we find a refuge in our own souls, and can then be found as a refuge for others. In the Judeo-Christian tradition the idea of a Sabbath is found. But a lot of religions value quietness. It isn't unique to Christianity In fact, Sundays are very busy days for some people and they need to find the pattern of weekly rest that works for them. I'm still working on that. What would a 24-hour rest look like for me? It doesn't override loving others either. Jesus argued with the religious leaders about rules and asked them if it would be right to help your neighbor on the Sabbath. Yes!

When we think we need to be everything to everybody we lose nourishment for our own souls.

F: So you've found inner strength in the midst of this world's turmoil. How can I practically do this? And is this inner strength from beyond yourself?

Lil: It goes beyond time management. The kind of distinctiveness found in setting aside whatever is work to us may be as simple as taking a day off from technology or laundry or planning.

When I mention the war in Iraq, the envi-

ronmental issues and climate change, our country's economic stress and even our own state's flooding problems as an excuse to ignore the need for a quiet heart attitude Laurie agrees that it is hard to rest.

LJ: Yes, our lives may change forever because of these things. My own search involves reading the Bible and evaluating if it is true. Does it describe the reality I live in? Does it answer the questions? I do believe there is an objective reality we live in. The hope is that honest reflection brings help as we face our self and reality in the world we live in.

F: You and your husband moved from Creston recently, but when you did that you downsized a considerable amount. How much?

LJ: About two-thirds, including home, possessions, everything.

F: Did that hurt or help?

LJ: It took a whole year to get rid of stuff. It's not as easy as you may think! We got rid of stuff we didn't want anyway, then the stuff we didn't need, then our kids' stored things. And then memory stuff. I dealt with that by giving those things of personal value away to special people and explaining what the memory attached to the personal item was and why that person I was giving it to was special. We don't need much. We generally have too much stuff and not enough time.

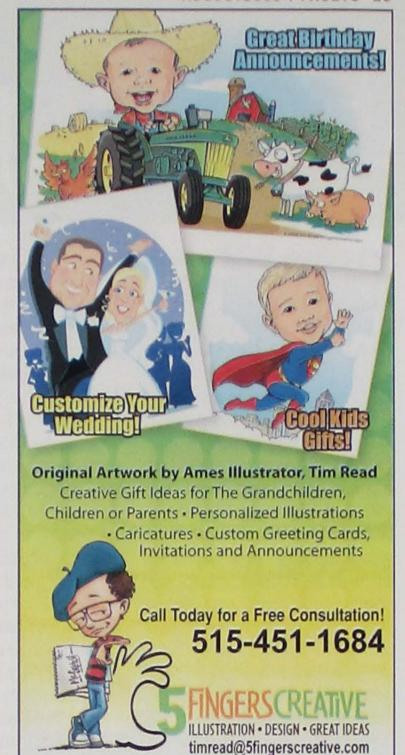
As our time together closes Laurie once again finds the hospitality within herself to invite me back.

LJ: See that book there?

F: This one by Flannery O'Connor? Yes?

LJ: We're having a book talk Sunday at 7 on the short-story called, Greenleaf. Kinda hard to read, you know, but good too. You're welcome to come join us.

I already know I'll be tired Sunday at 7, so I decline, but thank her for the invite. Once again her home is ready for a friend, as well as meeting new friends in order to give from her unhurried life.





Young artists in class at The Left Bank Studios

THE LEFT BANK STUDIO 515.233.1405

515.233.1405 125 Main St., Gilbert, la www.fheleffbankstudio.com By SUE ULLESTAD

have been taught since I was very young to look to God for all things, to find comfort hearing His words from the Bible, to come to him in prayer, and to trust in God alone. Just as Timothy in the Bible was taught the faith by his mother, Eunice, and his grandmother, Lois, I have learned from my parents and grandparents to put the Lord first in my life. My parents took me to church every Sunday. I was baptized, brought to Sunday school and catechism classes and confirmed. I continued to go to church as I matured needing the comfort, renewal and strength that God gave to me. The Lord still grants me forgiveness so that my guilt is taken away, my failures overlooked and my shortcomings not remembered. Full atonement has been freely given to me.

From forgiveness flows peace...peace and rest from the daily grind, the stresses and strife of life. I feel calm as I read my devotions, more ready to meet the challenges of the day. The peace of Sabbath rest permeates my being as I hear God's word in church and sing the meaningful hymns. Serenity is mine in prayer.

From forgiveness flows mercy. God helps me to show mercy to others around me, especially those of my family. Mercy lifts the bitterness and dissolves the grudges. Families can be strong. Because I have been forgiven much, I can more readily forgive others who wrong me. Jesus does this perfectly; I cannot.

From forgiveness flows love. God loves unconditionally. Acceptance from God is a constant. His love runs deeply within me giving confidence and purpose. Human love is conditional and inconsistent. People let me down and I let others down. The Lord helps me to love my fellow man, though my humanity rears its head every day.

The church I go to is just that...a building. St. Paul's Lutheran church of rural Boone has been my family's place of worship since 1868. Within its strong walls, a strong word has been heard by five generations of my family. From that strong word, we have been given the strength to face the hard times that come our way and the insurmountable joy to be thankful for our many blessings. Peace, mercy and love are above all.

My great-grandparents looked to God for hope when their country was divided by the Civil War. They found comfort from the Lord when their infant child died, and they received peace and courage to keep striving to farm, and against the odds, were able to feed and clothe 12 children.

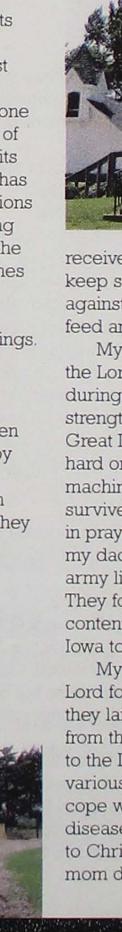
My grandparents looked to the Lord for hope and comfort during World War I. They drew strength from God when the Great Depression hit, working hard on the farm with minimal machinery just trying to survive. They went to the Lord in prayer when their only son, my dad, went to Germany as an army lieutenant in World War II. They found peace and contentment when my aunt left Iowa to teach in California.

My parents looked to the Lord for comfort and peace as they laid their parents to rest from this life. They again turned to the Lord when they had various health problems to cope with...back surgery, heart disease, cancer. My dad clung to Christ's promises when my mom died when she was just

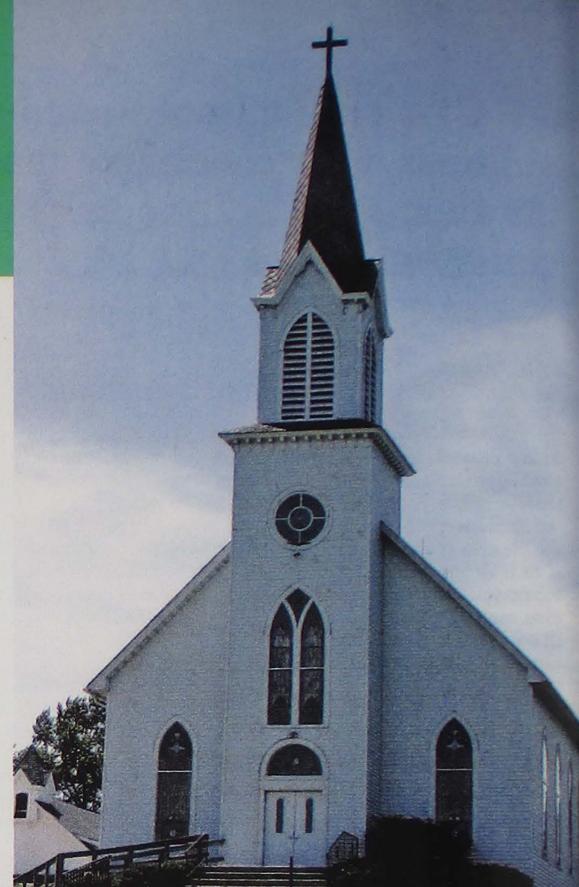
47. He sat with me in church every Sunday until two weeks before he joined her in heaven at the age of 81.

I received peace from the Lord as I went through adulthood without a mother and when my dad went through the seven stages of Altzheimer's. I receive comfort and courage when my children went through their teen years and left home for college. My children also become refreshed in church and through prayer during the frustrating times of broken relationships, hard college coursework and finding a job in their field.

Each generation has handed down the faith to the next generation so that they, too, have God's strength to face life's trials and acknowledge God's blessings and mercy. But this life is fleeting; heaven is our true home...what a joyous family reunion it will be.







# augustlendar

### Friday, Aug. 1

Dance social from 7:30 p.m. until 9:45 p.m., singles welcome, dress is casual, hosted by ISU Ballroom Dance Club, free, Gallery, Memorial Union. For more information, call (515) 268-8179.

Friday, Aug. 1 & Saturday, Aug. 2
Harmony Dance performance, 7:30 p.m.,
Ames City Auditorium, price TBA.

#### Sunday, Aug. 3

Argentine Tango Practica with Valerie
Williams, a multi-level class with lots of time to
enjoy the music and dance. From 4:30–5pm
moves for beginners are introduced and will
vary weekly. From 5–7pm the dance floor is
yours to practice under the guidance of
Valerie and work with different partners. A
short figure will also be introduced during this
time for intermediates. 5-Dance Punch Card
\$28 for ISU Students, \$30 for Public,
Workspace at the Iowa State Memorial Union.
For more information, call (515) 294-0970.

#### Tuesday, Aug. 5

ISU Carillon Concert Series 2008. Bring your lawn chairs and enjoy a summer day on the ISU Central Campus with your friends and family at 7 p.m. Today's guest carillonneur is Marc Van Eyck, Sint-Geertruitoren, Leuven, Belgium. Admission is free. For more information, call Tin-Shi Tam at (515) 294-2911.

### Saturday, Aug. 9

Crochet and knitting is offered from 11a.m. to 12:30 p.m., in the Founders Suite at the Ames Public Library. Tweens, teens, and adults are invited to crochet and knit with us on the 2nd and 4th Saturdays of each month. Everyone is welcome, from beginners to experts. Bring your project/supplies if you have them. Sponsored by the Teen Advisory Group.

### Thursday, Aug. 14

A personal photography exhibit featuring five local female authors will be unveiled at IMAGES by Ngaire photography studio Aug. 14 from 6 to 8 p.m. The authors featured are Veronica L. Fowler, Maureen Ogle, Kay Marner, Madhu Gadia and Fern Kupfer Wine and cheese will be served. Come and celebrate local talent. IMAGES by Ngaire is located at 408 Kellogg in Ames. For more information, call Ngaire at (515) 233-5447.

Brown Bag Lecture at noon. Bring your lunch to the Gardens and enjoy an educational program. Attend each month and experience a new topic presented by local and regional professionals and lecturers. The Leopold Center: Sustainability on the Farm and in the Community, presented by Jerry DeWitt, Leopold Center for Sustainable Agriculture. Free for CoHorts' members; price of admission for general public. For more information, call (515) 294-2710.



### Beginning Friday, Aug. 15

The Iowa Watercolor Society will be showcasing more than 60 vibrant paintings this fall at the Octagon Center for the Arts from Aug. 15 through Oct. 19. The Iowa Watercolor Society was organized in Cedar Rapids in 1977 by Joseph Messner and other loyal watercolorists. Please join the Octagon for the opening reception held on Friday, Aug. 15 from 5:30 to 7:30 pm. The Octagon galleries are located at 427 Douglas Ave., in downtown Ames. Hours are Tuesday through Friday, from 10 a.m. to 5 p.m., and Saturday, and Sunday from 1 until 5 p.m.

### Friday, Aug. 22

United Way of Story County Golf Fore for the Kids at the Ames Golf and Country Club at 10:30 a.m. For more information, call (515) 268-5142.

#### Thursday, Aug 28

Pre-game tailgate sponsored by the ISU Alumni Association. Admission is free for ISUAA/SAA members; \$5 for non-members. Alumni Center, three hours prior to kickoff. For more information, call (515) 294-4557. Kick-off picnic, sponsored by the Society of Women Engineers, from 5 p.m. until 7 p.m., Atrium, Howe Hall. For more information, call (515) 294-0678.



Sunday, Sept. 28
Downtown Ames 10-5 pm
FREE ADMISSION

## faceted women



Cheryl Milligan with her husband Kelly and dog Jasmine.

#### **CHERYL MILLIGAN**

Age: 46

Position: Co-owner of It's All About ME!

Spa/Boutique

Family: Husband Kelly, daughter Toni,

son-in-law Ross

Pets: Sheltie pup Jasmine, cat Tom.

Your favorite meal: Mexican and it must include chips, salsa and guacamole.

Craziest fashion you ever wore: Leg warmers. Yuck!

I never leave home without: Cash, (never know when you might run across that handbag), debit card, cell phone and lip gloss. Oh, and gum.

What makes you happy? We live in the country, it is so peaceful. Just sitting on the front porch taking in the peace and

quiet makes me very content. Add the family, and that is icing on the cake.

What makes you laugh? People. We are funny creatures and I can find humor in most situations. My business partner and I have fun at work every day. It makes it seem less like work.

What have you accomplished that has made you proud? Opening "It's All About ME!" has been a very big accomplishment. What started as somewhat of a dream is a reality. We are very proud of our store.

How do you reward yourself? A fat free French vanilla cappuccino, that's my standby reward.

My simplest pleasure: I'll point you right back to my porch and my family.

#### **KATHY DREVS**

Age: 52

Position: co-owner of It's All About Me Family: Brett and Devon Bumgarner and granddog Kenzie of Omaha, Neb.; Brant Bumgarner, a senior at Iowa State University;

Pets: Sammy the Shorkie.

Your favorite meal: The ones that come with dessert.

Craziest fashion you ever wore: Bell bottoms, the ones that wrapped around your ankles and tripped you when you walked.

I never leave home without: Saying, "Today is going to be a great day" and being thankful for the day ahead.

What makes you happy? Spending time with my family and friends in very simple ways.

What makes you laugh? Almost everything. I try to find humor everywhere I can, then add to the equation my business partner and, well, let's say, we have a good time.

What have you accomplished that has made you proud? Raising my two boys and opening our business, It's All About

How do you reward yourself? With chocolate. Lots of chocolate.

My simplest pleasure: Just having my family around me.



Kathy attends the wedding of her son Brett at the Beach of the Outer Banks in North Carolina in September 2007. From left, Kathy, daughter-in-law Devon, Brett and best man and brother Brant.

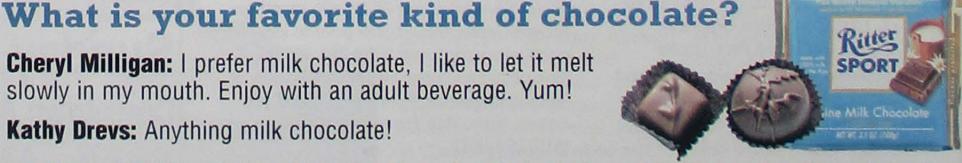


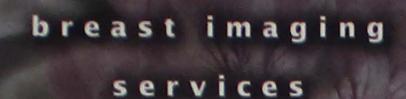
Cheryl Milligan: I prefer milk chocolate, I like to let it melt

slowly in my mouth. Enjoy with an adult beverage. Yum!

Kathy Drevs: Anything milk chocolate!

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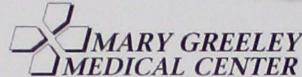
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